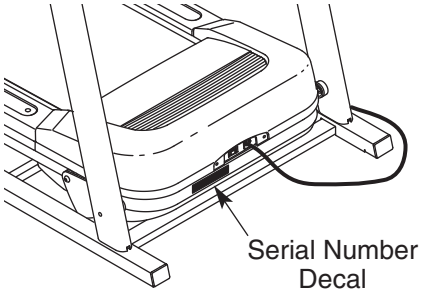
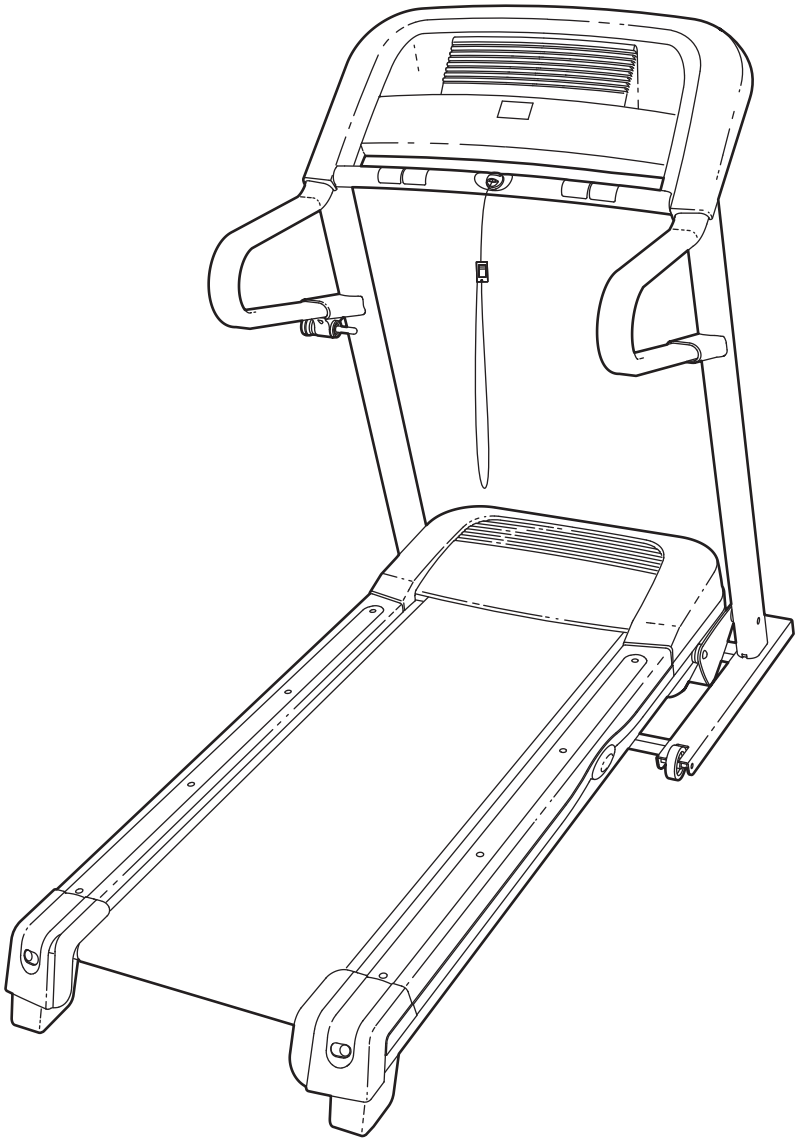
PRO-FORM® 595Pi

Model No. PFTL43105.3
Serial No. _____



USER'S MANUAL



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at

www.proform.com

new products, prizes,
fitness tips, and much more!

PRO-FORM®
595Pi

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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual.

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described.**
3. **Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
6. **Keep children under the age of 12 and pets away from the treadmill at all times.**
7. **The treadmill should be used only by persons weighing 275 pounds or less.**
8. **Never allow more than one person on the treadmill at a time.**
9. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***
10. **When connecting the power cord (see page 11), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**
11. **Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. To purchase a surge suppressor, see your local PROFORM dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**
12. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**
13. **Keep the power cord and the surge suppressor away from heated surfaces.**
14. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 21 if the treadmill is not working properly.)**
15. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 12).**
16. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**
17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
18. **The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
19. **Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**
20. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 19.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

21. When folding or moving the treadmill, make sure that the storage latch is fully closed.

22. Inspect and properly tighten all parts of the treadmill regularly.

23. Never insert any object into any opening.

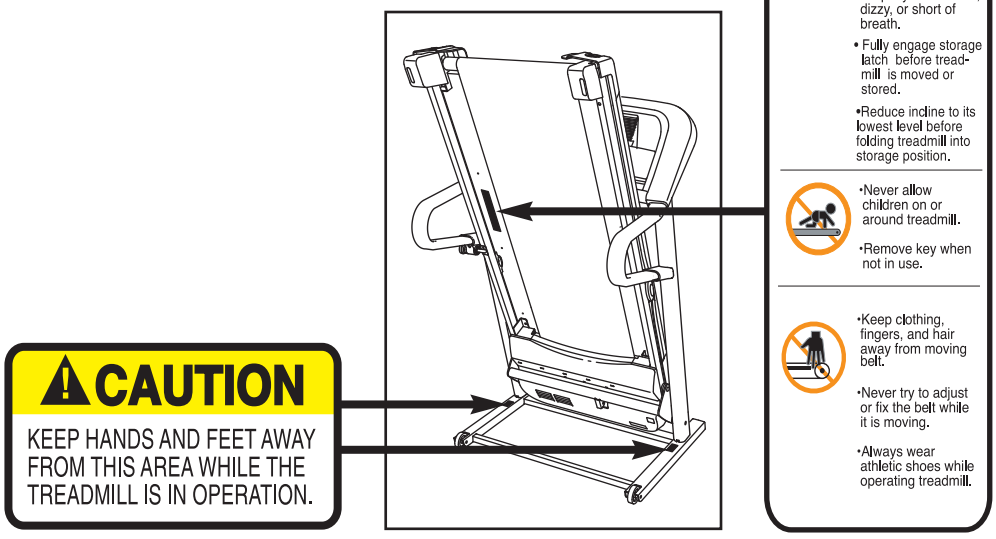
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

25. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown here have been placed on the treadmill. If a decal is missing, or if it is not legible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.


⚠CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

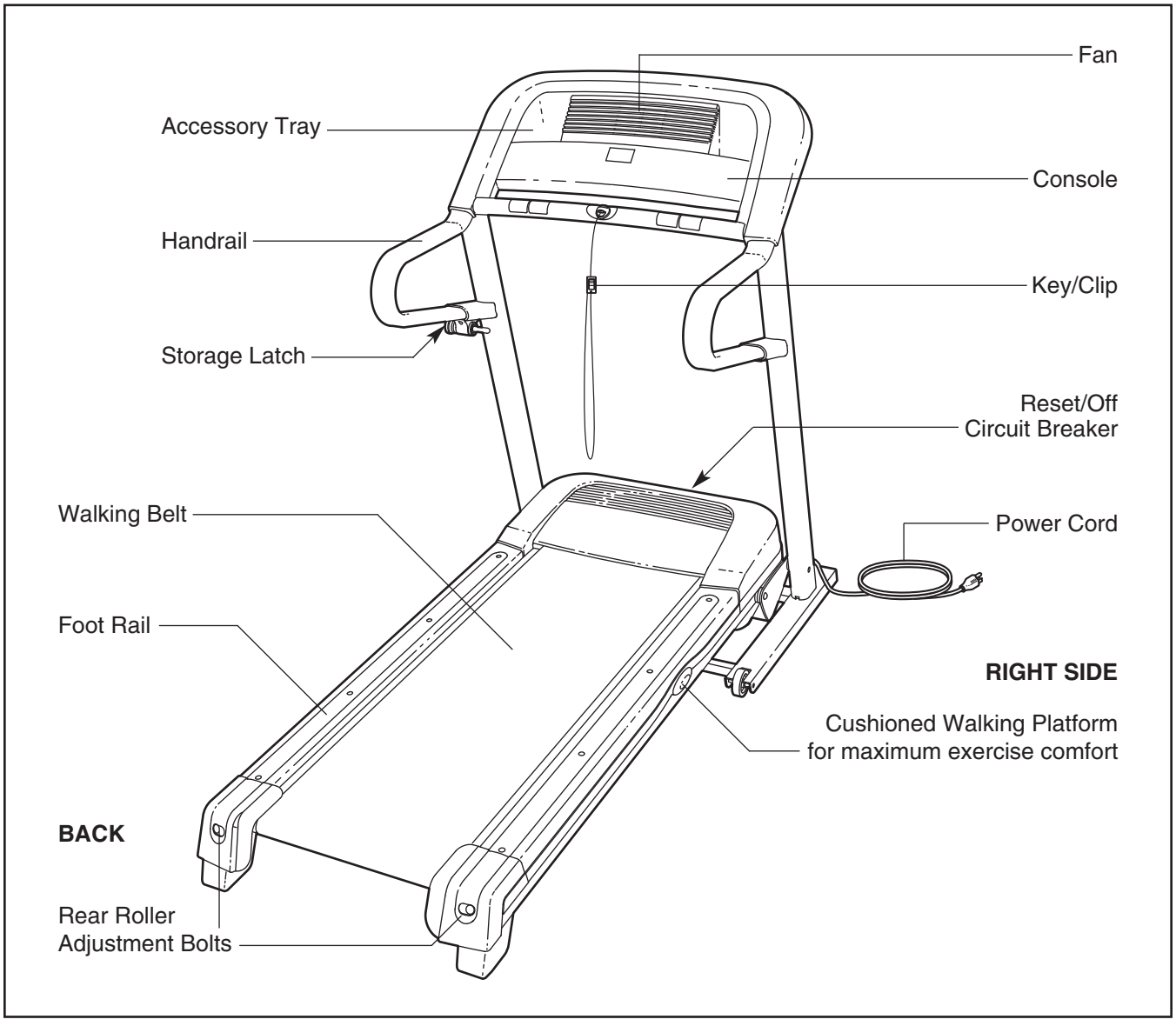
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 595 Pi treadmill. The 595 Pi treadmill offers an impressive selection of features designed to make your workouts at home more effective and enjoyable. And when you're not exercising, the 595 Pi treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PFTL43105.3. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.proformservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



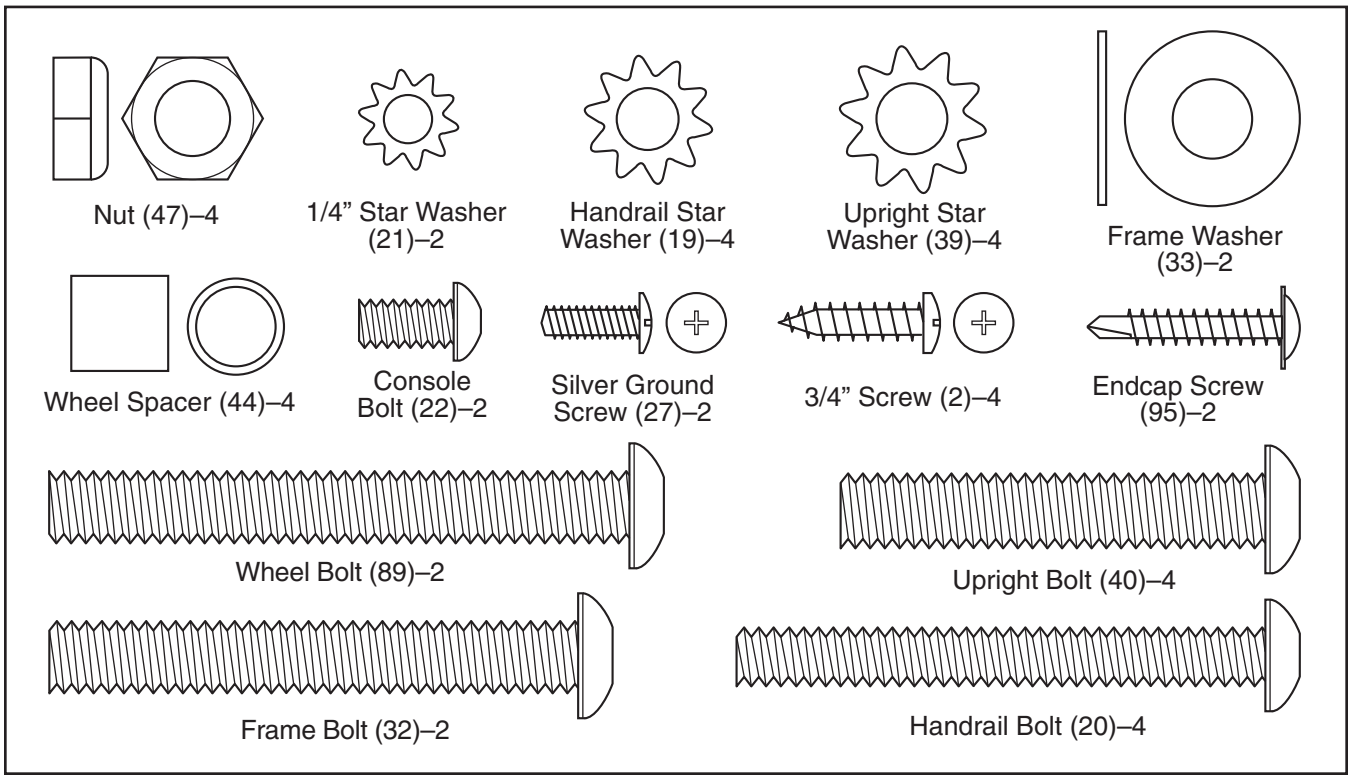
ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call toll-free 1-800-445-2480.

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; do not dispose of the packing materials until assembly is completed. Note: The underside of the walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included allen wrenches and your own phillips screwdriver , rubber mallet , adjustable wrench , and wire cutters .

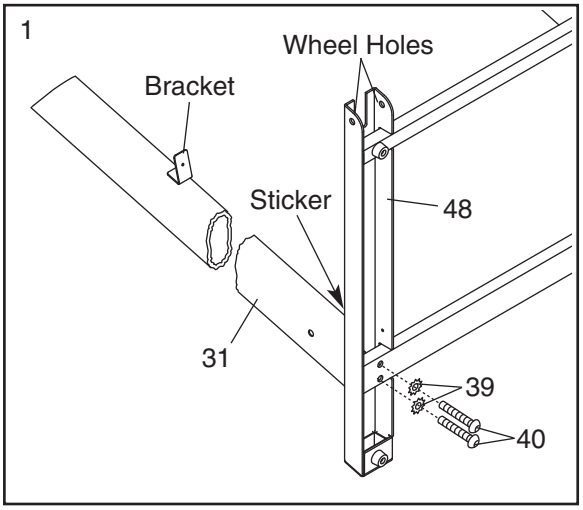
For help identifying the assembly hardware, see the drawings below. If a part is not in the parts bag, first check to see if it has been pre-assembled. **To avoid damaging plastic parts, do not use power tools for assembly.**



1. **Make sure that the power cord is unplugged.**

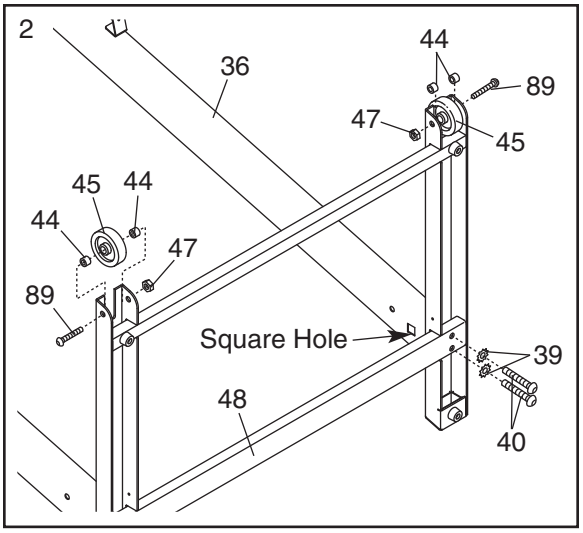
   Have a second person hold the Upright Base (48) in the position shown, with the wheel holes at the top. Next, locate the Left Upright (31), which has an identification sticker. Orient the Left Upright so the sticker is on the inside as shown and the bracket is in the position shown.

   Attach the Left Upright (31) to the Upright Base (48) with two Upright Bolts (40) and two Upright Star Washers (39). **Do not tighten the Upright Bolts yet.** Note: There may be left and right stickers on the Upright Base.



2. Orient the Right Upright (36) so the square hole near the lower end is in the position shown. Attach the Right Upright to the Upright Base (48) with two Upright Bolts (40) and two Upright Star Washers (39). **Do not tighten the Upright Bolts yet.**

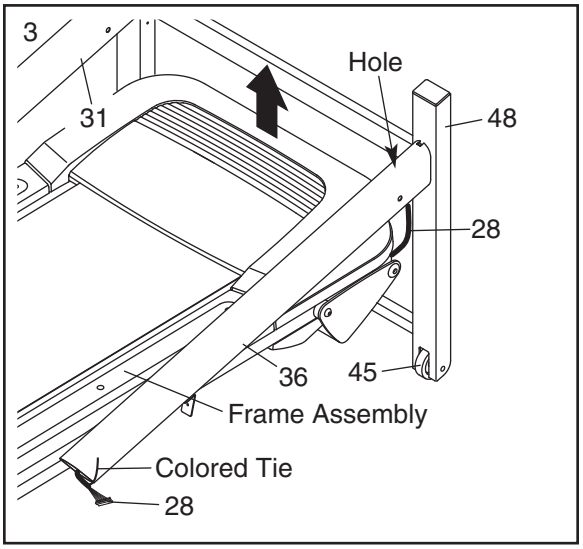
   Attach each Wheel (45) to the Upright Base (48) with a Wheel Bolt (89), two Wheel Spacers (44), and a Nut (47) as shown. **Do not overtighten the Wheel Bolts;** the Wheels should turn freely.



3. Cut the tie securing the Wire Harness (28) in a bundle. **Do not remove the large colored tie on the end of the Wire Harness.**

   Orient the Upright Base (48) so the Wheels (45) are at the bottom. Next, position the Upright Base and the Uprights (31, 36) around the frame assembly as shown.

   Have another person lift the front of the frame assembly and hold it. Insert the Wire Harness (28) into the square hole near the lower end of the Right Upright (36) and out of the top. Next, raise the Uprights (31, 36) so the Upright Base (48) is flat on the floor. **Make sure that the end of the Wire Harness does not fall into the Right Upright; it may be helpful to hold the colored tie on the end of the Wire Harness.**

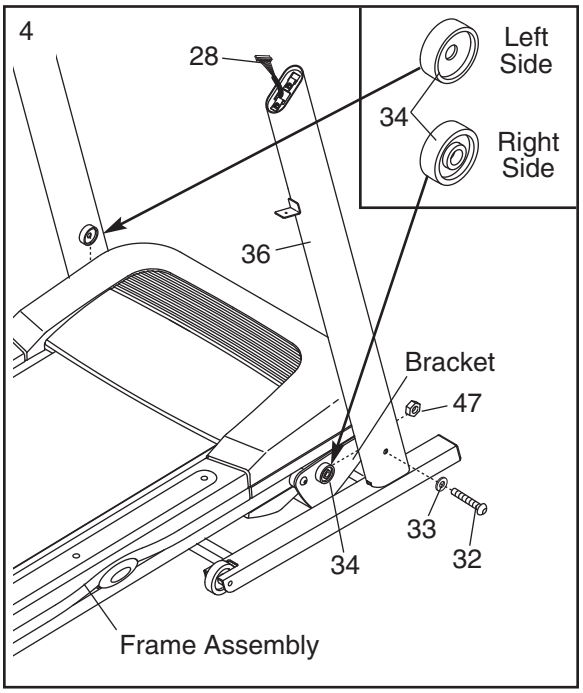


4. Open the included grease packet, and apply grease to both sides of each Frame Spacer (34).

   Hold one of the Frame Spacers (34) between the frame assembly and the Right Upright (36); **make sure that the Frame Spacer is oriented as shown in the inset drawing.** Insert a Frame Bolt (32) through a Frame Washer (33), the Right Upright, the Frame Spacer, and the bracket on the frame assembly. **Be careful not to pinch the Wire Harness (28) in the Right Upright.** Tighten a Nut (47) several turns onto the Frame Bolt, but **do not fully tighten the Nut yet.**

   Repeat this step on the left side. Note: There is not a wire harness on the left side.

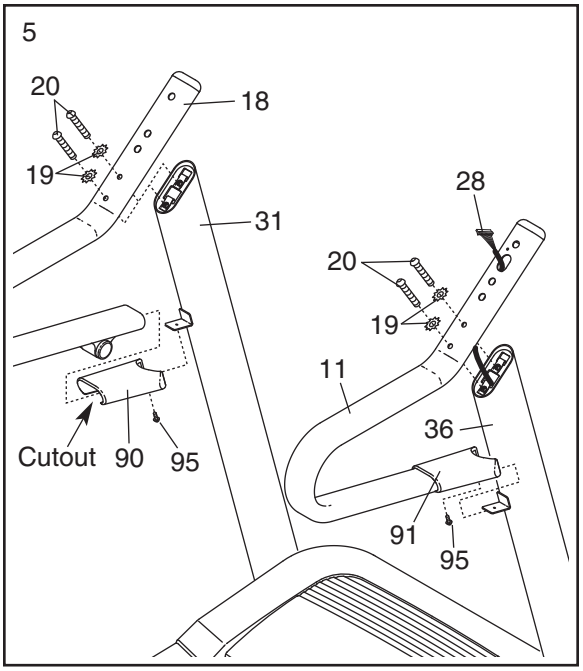
   Remove the colored tie from the Wire Harness (28).



5. Identify the Right Handrail Endcap (91), which does **not** have a cutout in the bottom, and slide it onto the lower end of the Right Handrail (11). Make sure that the screw hole in the Right Handrail Endcap is at the bottom. Next, hold the Right Handrail near the Right Upright (36), and insert the Wire Harness (28) into the hole in the bottom of the Handrail and out of the indicated hole in the top. Then, remove the tie from the Wire Harness.

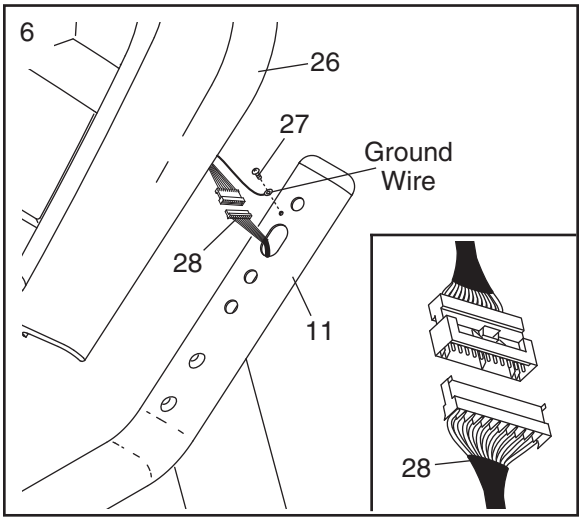
   Set the Right Handrail (11) on the Right Upright (36) while sliding the lower end of the Handrail onto the bracket on the Right Upright. Hand tighten two Handrail Bolts (20) with two Handrail Star Washers (19) into the Handrail and the Right Upright. Next, slide the Right Handrail Endcap (91) against the Right Upright, and tighten an Endcap Screw (95) into the Right Handrail Endcap. Then, tighten the two Handrail Bolts. **Make sure that the Wire Harness (28) is not pinched.**

   Attach the Left Handrail (18) and the Left Handrail Endcap (90) to the Left Upright (31) as described above.

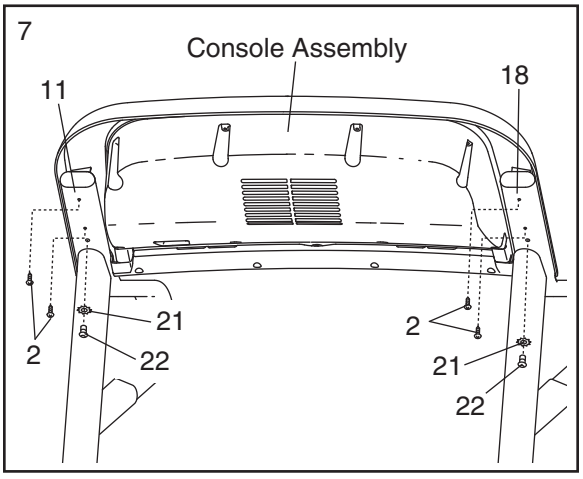


6. Hold the Console Base (26) near the Right Handrail (11). Attach the end of the ground wire on the Console Base to the indicated small hole in the Handrail with a Silver Ground Screw (27).

   Connect the Wire Harness (28) to wire harness on the Console Base (26). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**



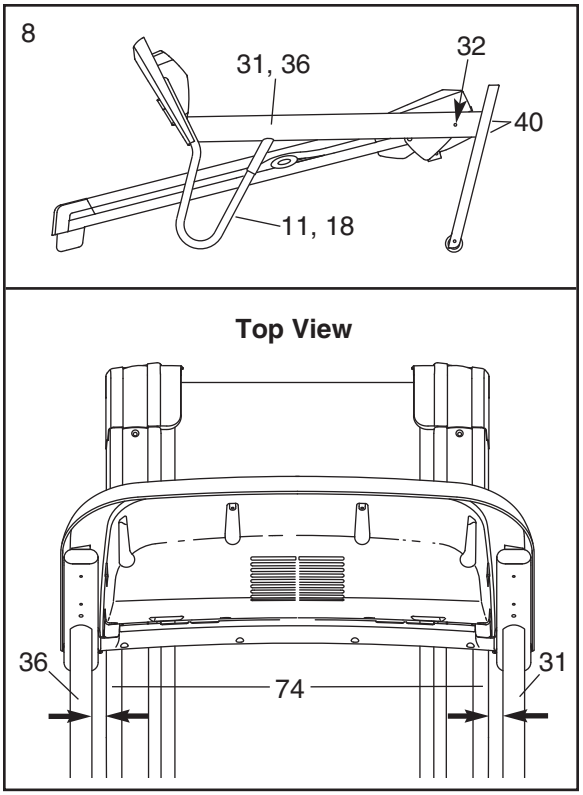
7. Set the console assembly on the Handrails (11, 18); insert the excess wiring down into the Right Handrail. Attach the console assembly with four 3/4" Screws (2), two Console Bolts (22), and two 1/4" Star Washers (21) as shown. **Make sure that no wires are pinched. Start all four Screws and both Console Bolts before tightening any of them.**



8. Lower the Uprights (31, 36) until the Handrails (11, 18) are touching the floor.

   See the lower drawing. Position the Uprights (31, 36) so the treadmill Frame (74) is centered between them.

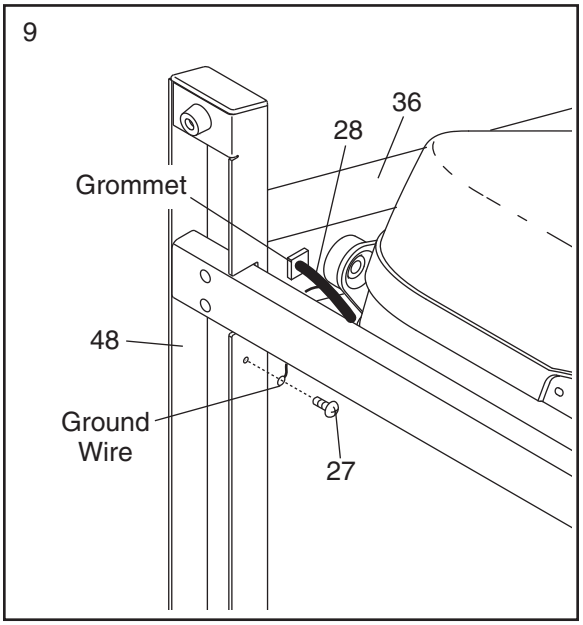
   Firmly tighten the four Upright Bolts (40) and the two Frame Bolts (32). **Be careful not to overtighten the Frame Bolts.**



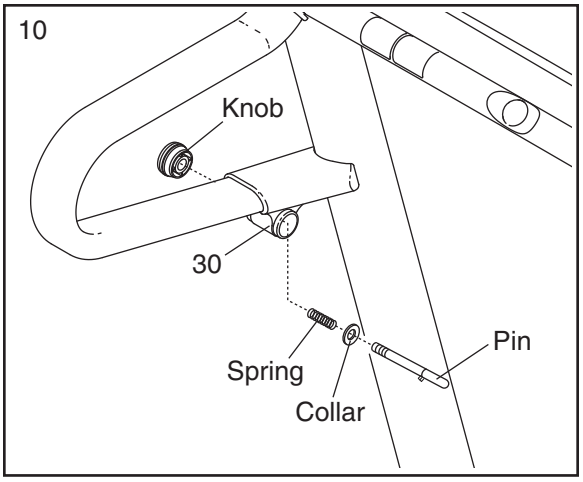
9. Attach the end of the ground wire on the Wire Harness (28) to the indicated small hole in the Upright Base (48) with a Silver Ground Screw (27).

   Make sure that the grommet is pressed into the side of the Right Upright (36).

   Raise the Uprights (36, 31) to the vertical position.



10. Remove the knob from the pin. Make sure that the collar and the spring are on the pin as shown. Insert the pin into the Latch Housing (30), and tighten the knob back onto the pin.



11. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place; the large allen wrench is used to adjust the walking belt (see page 17). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

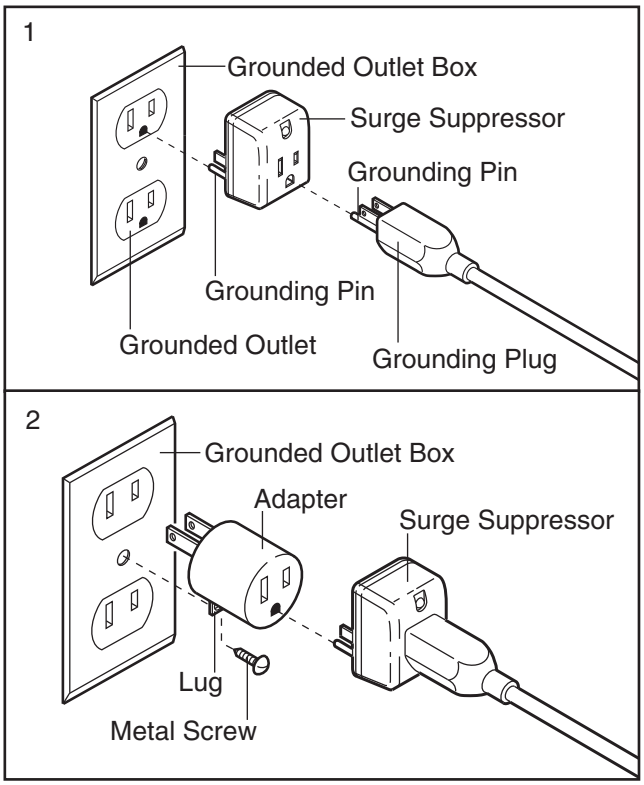
⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local PROFORM dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

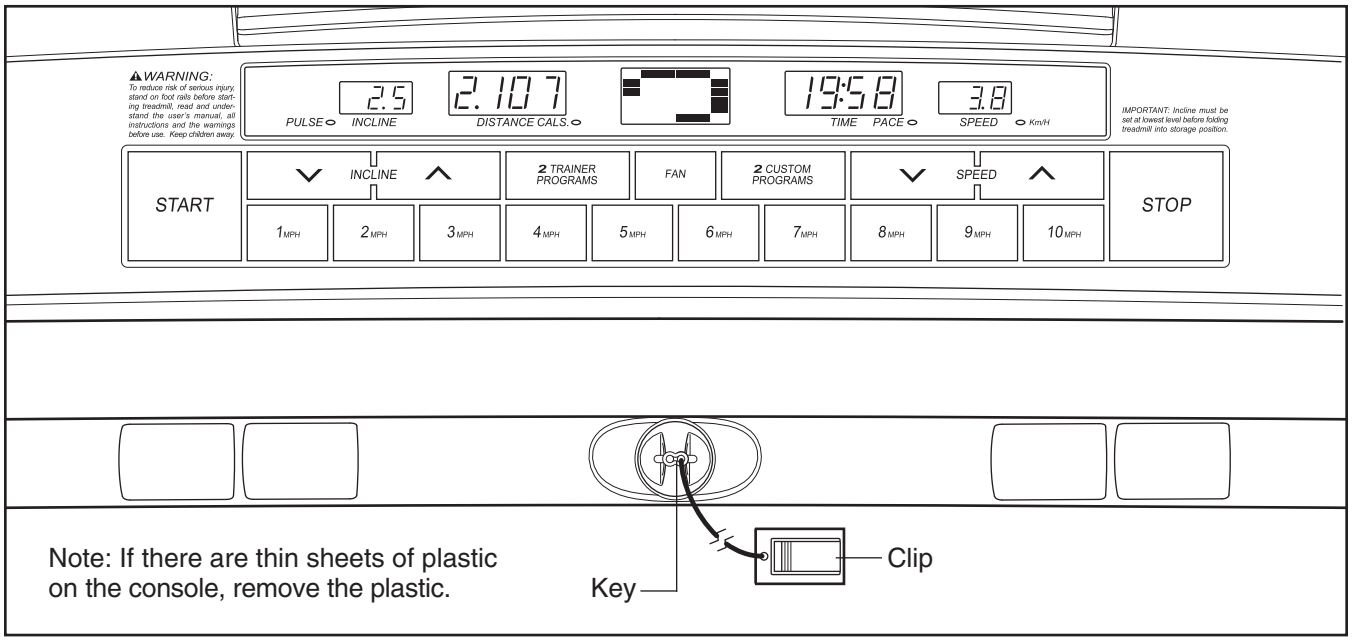
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM



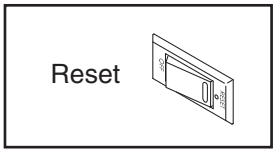
FEATURES OF THE CONSOLE

The treadmill console offers an array of features designed to make your workouts more effective. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

In addition, the console features two trainer programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even create your own custom programs and store them in memory for future use.

To use the manual mode of the console, follow the steps beginning on page 13. **To use a trainer program**, see page 15. **To create and use a custom program**, see pages 16 and 17.

HOW TO TURN ON THE POWER



Plug in the power cord (see page 11). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the "reset" position.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing above), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

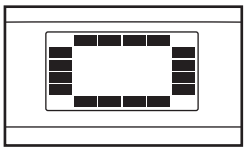
Note: To prevent damage to the walking platform, always wear clean shoes while using the treadmill.

HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

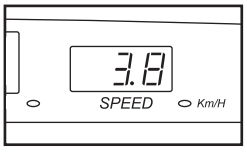
2 Select the manual mode.



When the key is inserted, the manual mode will be selected. If a program has been selected, press the Trainer Programs button repeatedly until a track appears in the matrix.

3 Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the buttons numbered 1 through 10.



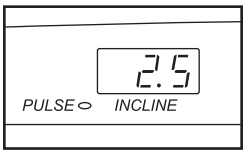
If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph.

If one of the ten numbered buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting. **Note: The console can display speed and distance in either miles or kilometers (see THE INFORMATION MODE/DEMO MODE on page 18). For simplicity, all instructions in this section refer to miles.**

To stop the walking belt, press the Stop button. The time will begin to flash in the Time/Pace display. To restart the walking belt, press the Start button, the Speed increase button, or one of the ten numbered buttons.

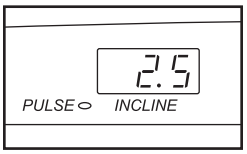
Note: The first time you use the treadmill, periodically inspect the alignment of the walking belt, and center the walking belt if necessary (see page 22).

4 Change the incline of the treadmill as desired.

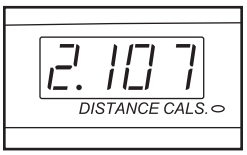


To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline setting will change by 0.5%; if a button is held down, the incline setting will change quickly.

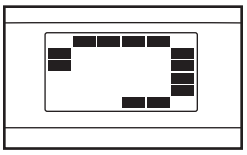
5 Monitor your progress with the displays and the matrix.



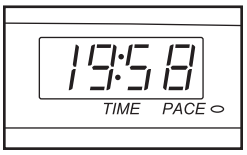
The Incline/Pulse display—This display will show the incline level of the treadmill. This display will also show your heart rate when you use the handgrip pulse sensor.



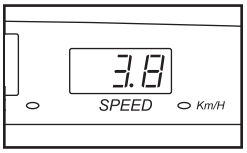
The Distance/Calories display—This display will show the distance that you have walked or run during your workout and the approximate number of calories that you have burned.



The matrix—When the manual mode is selected, the matrix will show a 1/4-mile track. As you walk or run, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



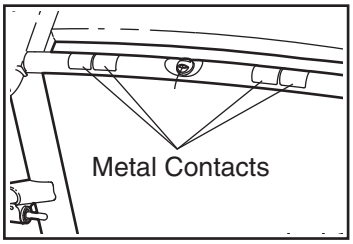
The Time/Pace display—This display will show the elapsed time. Each time the speed setting changes, the display will also show your pace, in minutes per mile. Note: When a program is selected, this display will show the time remaining in the program instead of the elapsed time.



The Speed display—This display will show the speed of the walking belt.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6 Measure your heart rate if desired.



Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts—**avoid moving your hands**. When your pulse is detected, one or two dashes will appear in the Incline/Pulse display and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 Turn on the fan if desired.

To turn on the fan, press the Fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

8 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position, or the treadmill will become damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 18 and turn off the demo mode.**

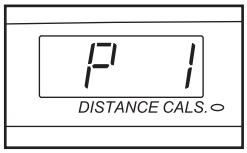
When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord.

HOW TO USE A TRAINER PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select a trainer program.

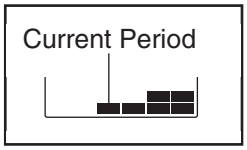


To select a trainer program, press the Trainer Programs button repeatedly until "P 1" or "P 2" appears in the Distance/Calories display. When a trainer program is selected, the maximum incline setting of the program will flash in the Incline/Pulse display for a few seconds, the maximum speed setting will flash in the Speed display, and the program time will appear in the Time/Pace display. A profile of the speed settings of the program will scroll across the matrix.

3 Press the Start button or the Speed increase button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into 30 one-minute periods. One speed setting and one incline setting are programmed for each period. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive periods.



The speed setting for the first period will be shown in the flashing Current Period column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next three periods will be shown in the columns to the right.

When only three seconds remain in the first period of the program, both the Current Period column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash to alert you.

When the first period is completed, *all speed settings will move one column to the left*. The speed setting for the second period will then be shown in the flashing Current Period column and the treadmill will automatically adjust to the speed and incline settings for the second period. Note: If all six of the indicators in the Current Period column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last period is shown in the Current Period column and the last period ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current period is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Period column; if any of the columns to the right of the Current Period column have the same number of lit indicators as the Current Period column, an additional indicator may appear or disappear in those columns as well. **Important: When the current period of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next period.**

To stop the program temporarily, press the Stop button. The time will begin to flash in the Time/Pace display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next period of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next period. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the displays.

See step 5 on page 13.

5 Measure your heart rate if desired.

See step 6 on page 14.

6 Turn on the fan if desired.

See step 7 on page 14.

7 When the program is completed, remove the key.

See step 8 on page 14.

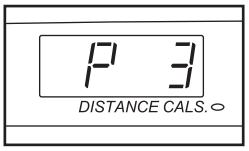
HOW TO CREATE A CUSTOM PROGRAM

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 12.

2 **Select a custom program.**

To select a custom program, press the Custom Programs button repeatedly until “P 3” or “P 4” appears in the Distance/ Calories display.

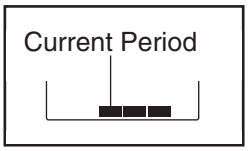


Note: If the custom program has not yet been defined, three columns of indicators will scroll across the matrix. If more than three columns of indicators scroll across the matrix, see HOW TO USE A CUSTOM PROGRAM on page 17.

3 **Press the Start button or the Speed increase button and program the desired speed and incline settings.**

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

Refer to the matrix. Each custom program is divided into one-minute periods. One speed setting and one incline setting can be programmed for each period. The speed setting for the first period is shown in the flashing Current Period column of the matrix. (The incline settings are not shown in the matrix.) To program a speed setting and an incline setting for the first period, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Period column.



When the first period of the program ends, a series of tones will sound and the current speed setting and the current incline setting will be saved in memory. *The three columns of indicators will then move one column to the left,* and the speed setting for the second period will be shown in the flashing Current Period column. Program a speed setting and an incline setting for the second period as described above.

Continue programming speed and incline settings for as many periods as desired; custom programs can have up to forty periods. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the number of periods that you have programmed will then be saved in memory.

4 **When you are finished exercising, remove the key.**

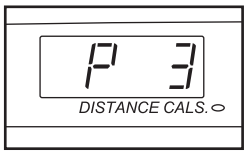
See step 8 on page 14.

HOW TO USE A CUSTOM PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select a custom program.



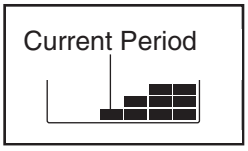
To select a custom program, press the Custom Program button repeatedly until "P 3" or "P 4" appears in the Distance/Calories display. When a custom program is selected, the maximum incline setting of the program will flash in the Incline/Pulse display for a few seconds, the maximum speed setting will flash in the Speed display, and the program time will appear in the Time/Pace display. A profile of the speed settings of the program will scroll across the matrix.

Note: If only three columns of indicators scroll across the matrix, see HOW TO CREATE A CUSTOM PROGRAM on page 16.

3 Press the Start button or the Speed increase button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

Each custom program is divided into several one-minute periods. One speed setting and one incline setting are programmed for each period. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive periods.



The speed setting for the first period will be shown in the flashing Current Period column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next three periods will be shown in the columns to the right.

When only three seconds remain in the first period of the program, both the Current Period column and the column to the right will flash, a series of tones will sound, and the speed setting and the incline setting will flash. When the first period ends, *all speed settings will move one column to the left*. The speed setting for the second period will then be shown in the flashing Current Period column, and the treadmill will automatically adjust to the second speed and incline settings that you programmed previously.

The program will continue in this way until the speed setting for the last period is shown in the Current Period column and the last period ends. The walking belt will then slow to a stop.

If desired, you can redefine to the program while using it. **To change the speed or incline setting for the current period,** simply press the Speed or Incline buttons. When the current period ends, the new setting will be saved in memory. **To increase the length of the program,** first wait until the program is completed. Then, press the Start button and program speed and incline settings for as many additional periods as desired. When you have added as many periods as desired, press the Stop button twice. **To decrease the length of the program,** press the Stop button twice at any time before the program is completed.

To stop the program temporarily, press the Stop button. To restart the program, press the Start button or the Speed increase button.

4 Follow your progress with the displays.

See step 5 on page 13.

5 Measure your heart rate if desired.

See step 6 on page 14.

6 Turn on the fan if desired.

See step 7 on page 14.

7 When you are finished exercising, remove the key from the console.

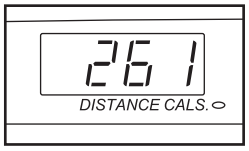
See step 8 on page 14.

THE INFORMATION MODE/DEMO MODE

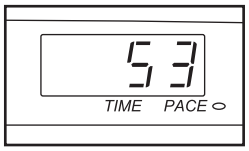
The console features an information mode that keeps track of the total number of miles or kilometers that the walking belt has moved and the total number of hours that the treadmill has been operated. The information mode also allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console, and then release the Stop button. When the information mode is selected, the following information will be displayed:

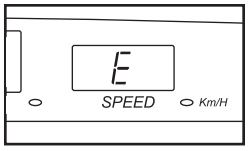
The Distance/Calories display will show the total number of miles or kilometers that the walking belt has moved.



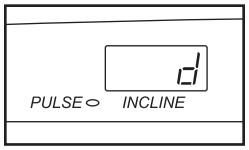
The Time/Pace display will show the total number of hours that the treadmill has been used.



An “E” for English miles or an “M” for metric kilometers will appear in the Speed display. Press the Speed increase button to change the unit of measurement, if desired.



IMPORTANT: If a “d” appears in the Incline/Pulse display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the indicators in the display will automatically light in a preset sequence, although the buttons on the console will not operate. **If a “d” appears when the information mode is selected, press the Speed decrease button so the “d” disappears.**

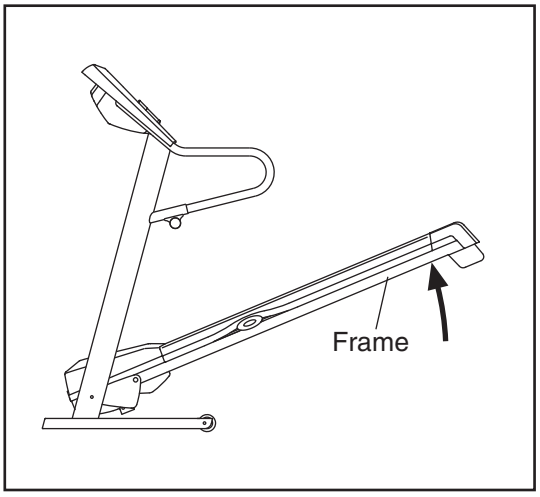


To exit the information mode, remove the key from the console.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

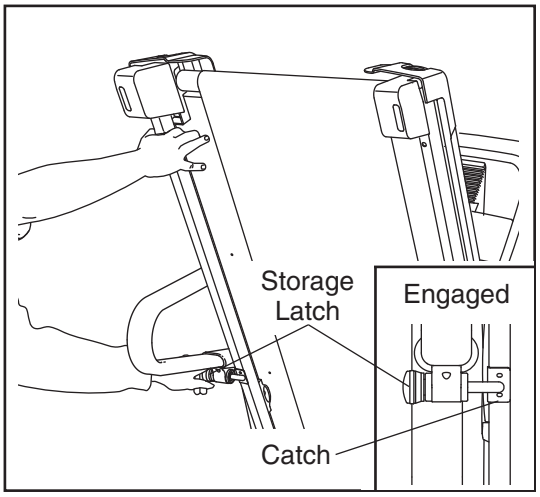
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.



1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure you bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.

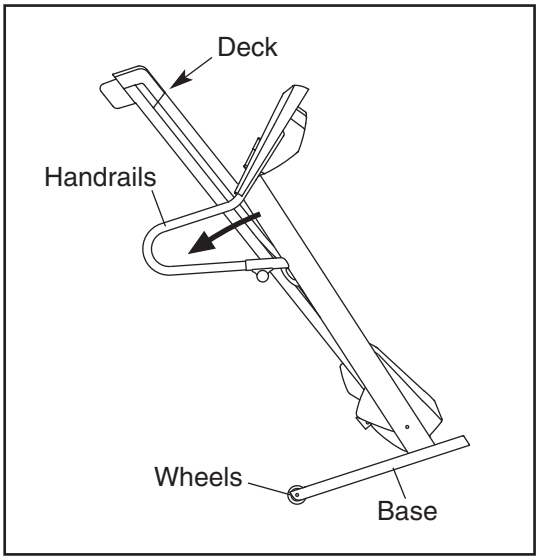
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch passes the latch pin, and then slowly release the latch knob. **Make sure that the catch is held securely by the latch pin, as shown.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the catch is held securely by the latch pin.**



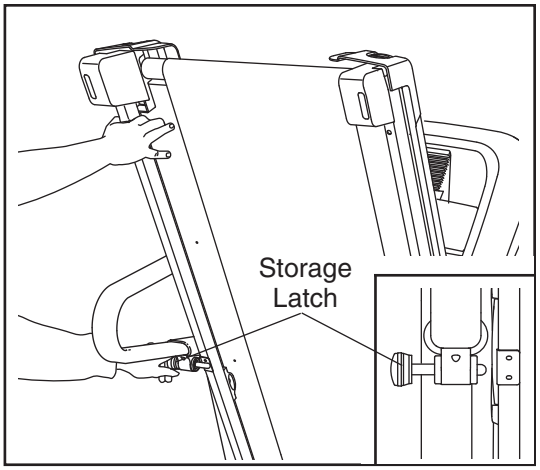
1. Hold one handrail with one hand, and place your other hand on the deck. Place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

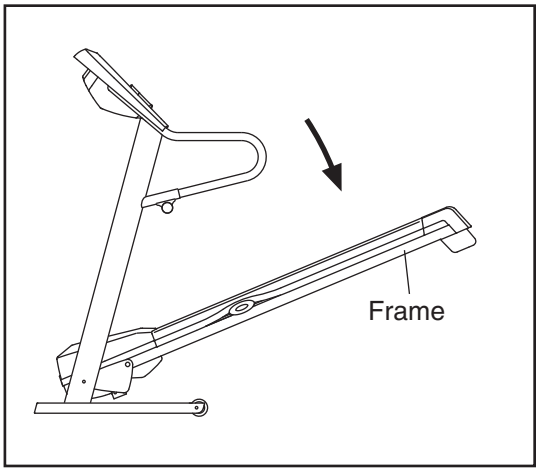
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin.



2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



TROUBLESHOOTING

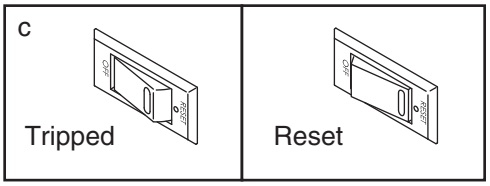
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

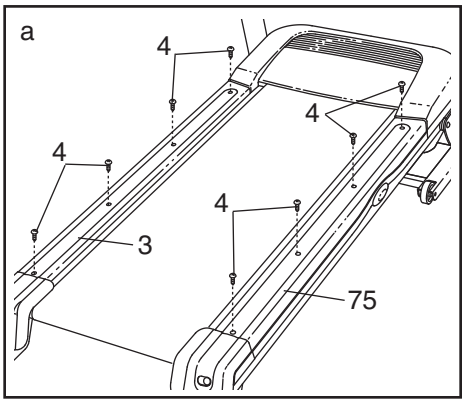
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

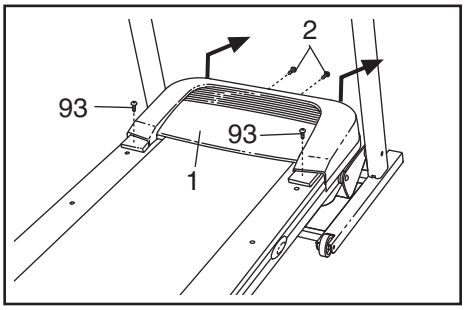
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

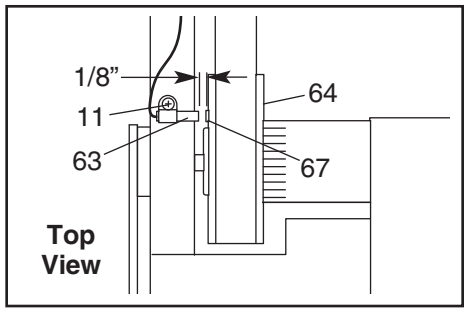
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Next, remove the eight Foot Rail Screws (4) and lift off the Left and Right Foot Rails (3, 75).



Remove the two Screws (95) and the two Hood Screws (76) from the Hood (1), and carefully remove the Hood.



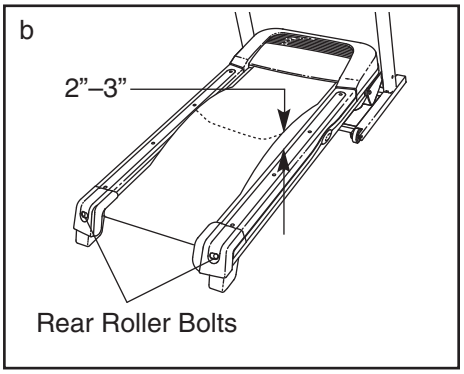
Locate the Reed Switch (63) and the Magnet (67) on the left side of the Pulley (64). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (11), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (see step b), and run the treadmill for a few minutes to check for a correct speed reading. If the reading appears normal, reattach the Foot Rails (see step a).



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11.

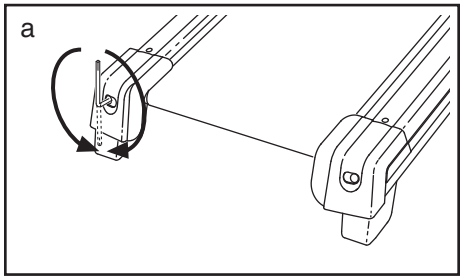
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



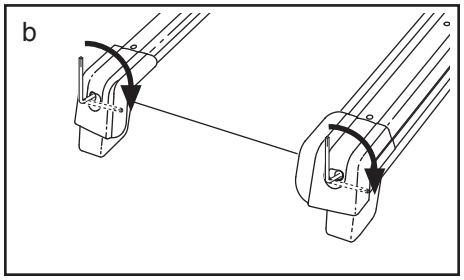
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES

AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PFTL43105.3

R0606A

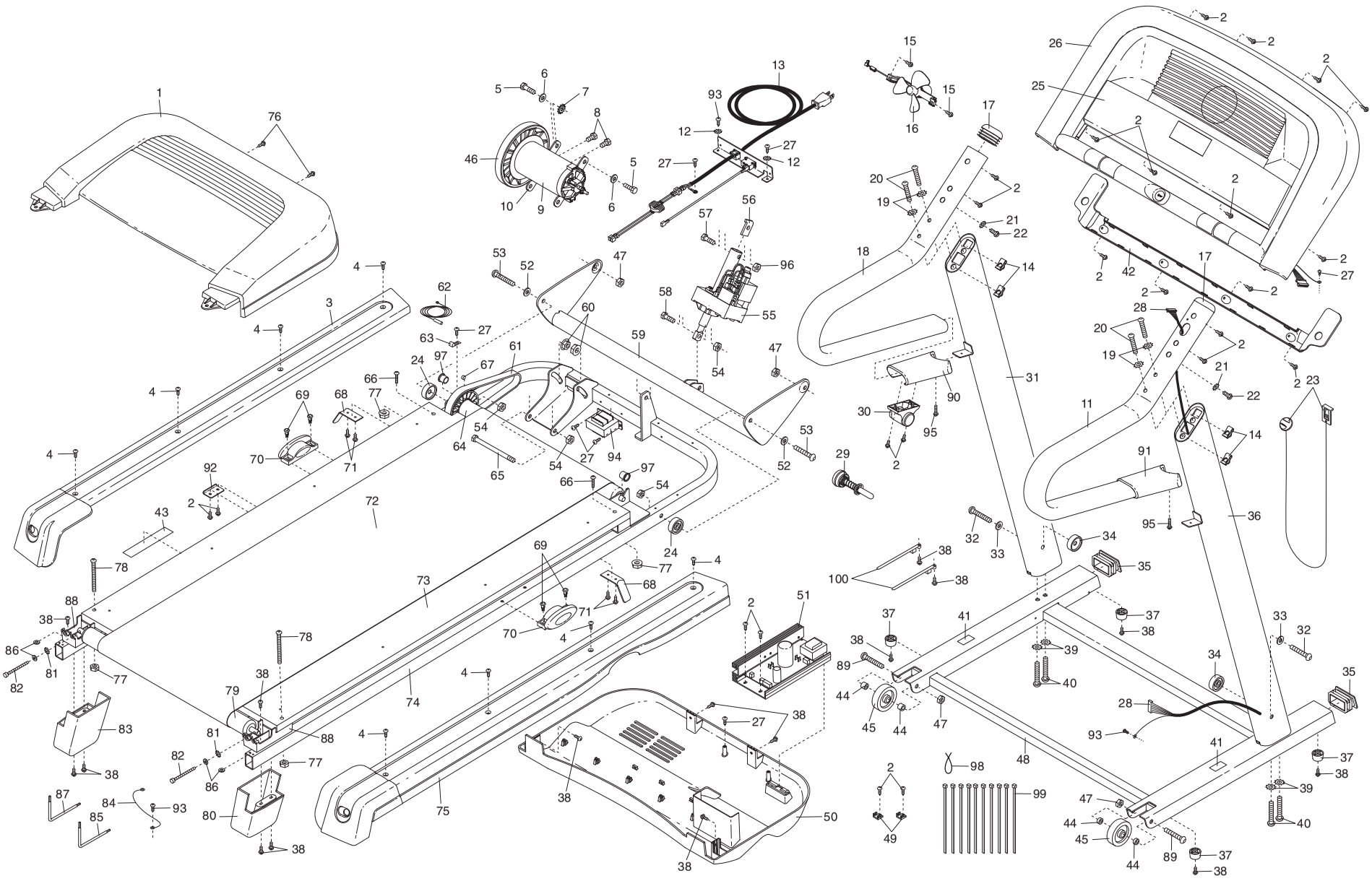
Key No.	Qty.	Description
1	1	Hood
2	21	3/4” Screw
3	1	Left Foot Rail
4	8	Foot Rail Screw
5	2	Motor Tension Bolt
6	2	Motor Tension Washer
7	1	Motor Star Washer
8	2	Motor Bolt
9	1	Drive Motor
10	1	Motor Bracket
11	1	Right Handrail
12	2	Power Bracket Star Washer
13	1	Power Cord Assembly
14	4	U-Nuts
15	2	Fan Screw
16	1	Console Fan
17	2	Handrail Endcap
18	1	Left Handrail
19	4	Handrail Star Washer
20	4	Handrail Bolt
21	2	1/4” Star Washer
22	2	Console Bolt
23	1	Key/Clip
24	2	Frame Pivot Spacer
25	1	Console
26	1	Console Base
27	7	Sliver Ground Screw
28	1	Upright Wire
29	1	Latch Pin Assembly
30	1	Latch Housing
31	1	Left Upright
32	2	Frame Bolt
33	2	Frame Washer
34	2	Frame Spacer
35	2	Base Endcap
36	1	Right Upright
37	4	Base Pad
38	15	3/4” Tek Screw
39	4	Upright Star Washer
40	4	Upright Bolt
41	2	Caution Decal
42	1	Pulse Bar Bracket
43	1	Latch Warning Decal
44	4	Wheel Spacer
45	2	Wheel
46	1	Pulley/Flywheel
47	4	Nut
48	1	Base
49	2	Clamp
50	1	Belly Pan
51	1	Controller
52	2	Lift Frame Washer
53	2	Lift Frame Bolt
54	5	3/8” Nut
55	1	Lift Motor
56	1	Stop Bracket
57	1	Incline Motor Bolt, Top
58	1	Incline Motor Bolt, Bottom
59	1	Lift Frame
60	2	Motor Tension Nut
61	1	Motor Belt
62	1	Reed Switch
63	1	Clip
64	1	Front Roller/ Pulley
65	1	Motor Pivot Bolt
66	2	Platform Bolt, Front
67	1	Magnet
68	2	Belt Guide
69	4	Isolator Fastener
70	2	Isolator
71	4	Belt Guide Screw
72	1	Walking Belt
73	1	Walking Platform
74	1	Frame
75	1	Right Foot Rail
76	2	Hood Screw
77	4	Platform Nut
78	2	Platform Bolt, Rear
79	1	Rear Roller
80	1	Right Rear Foot
81	2	Rear Roller Star Washer
82	2	Rear Roller Bolt
83	1	Left Rear Foot
84	1	Ground Wire
85	1	Allen Wrench
86	4	Rear Roller Washer
87	1	5/32” Allen Wrench
88	2	Rear Roller Bracket
89	2	Wheel Bolt
90	1	Left Handrail Endcap
91	1	Right Handrail Endcap
92	1	Latch Catch
93	3	Ground Screw
94	1	Transformer
95	2	Endcap Screw
96	1	Incline Motor Nut, Upper
97	2	Front Roller Bushing
98	1	Releasable Tie
99	10	8” Tie
100	2	Plastic Tie
#	1	4” Red Wire, M/F
#	1	8” Green Wire, F/R
#	1	4” Blue Wire, 2F
#	1	User’s Manual

#These parts are not illustrated.

Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. PFTL43105.3

R0606A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information:

- the MODEL NUMBER of the product (PFTL43105.3)
- the NAME of the product (PROFORM 595 Pi treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the EXPLODED DRAWING and the PART LIST attached in the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for five (5) years after the date of purchase. Parts and labor are warranted for ninety (90) days after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes; or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Part No. 235921 R0606A

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